



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09074, Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids

Report Date: June 30, 2017 00:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g
Proximates					
Water	g	77.61	82	0.079	196.35
Energy	kcal	83	--	--	210
Energy	kJ	347	--	--	878
Protein	g	0.60	82	0.017	1.52
Total lipid (fat)	g	0.15	82	0.003	0.38
Ash	g	0.38	82	0.011	0.96
Carbohydrate, by difference	g	21.27	--	--	53.81
Fiber, total dietary	g	1.4	--	--	3.5
Sugars, total ¹	g	16.18	1	--	40.94
Sucrose ¹	g	2.20	1	--	5.57
Glucose (dextrose) ¹	g	7.93	1	--	20.06
Fructose ¹	g	5.19	1	--	13.13
Lactose ¹	g	0.00	1	--	0.00
Maltose ¹	g	0.87	1	--	2.20
Galactose ¹	g	0.00	1	--	0.00
Minerals					
Calcium, Ca	mg	9	82	0.233	23
Iron, Fe	mg	0.35	82	0.010	0.89
Magnesium, Mg	mg	9	110	0.133	23
Phosphorus, P	mg	18	82	0.259	46
Potassium, K	mg	145	82	1.838	367
Sodium, Na	mg	3	88	0.050	8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g
Zinc, Zn	mg	0.10	81	0.009	0.25
Copper, Cu	mg	0.142	82	0.008	0.359
Manganese, Mn ^{1 2}	mg	0.048	3	0.003	0.121
Selenium, Se	µg	0.0	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	3.6	85	0.154	9.1
Thiamin	mg	0.021	124	0.000	0.053
Riboflavin	mg	0.040	124	0.000	0.101
Niacin	mg	0.396	136	0.008	1.002
Pantothenic acid ¹	mg	0.057	1	--	0.144
Vitamin B-6 ^{1 2 4}	mg	0.022	9	0.004	0.056
Folate, total	µg	4	--	--	10
Folic acid	µg	0	--	--	0
Folate, food	µg	4	--	--	10
Folate, DFE	µg	4	--	--	10
Choline, total	mg	4.1	--	--	10.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	8	138	0.225	20
Retinol	µg	0	--	--	0
Carotene, beta	µg	92	--	--	233
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	154	138	4.506	390
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	57	--	--	144
Vitamin E (alpha-tocopherol) ^{1 3}	mg	0.17	2	--	0.43
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta ^{1 3}	mg	0.00	2	--	0.00
Tocopherol, gamma ^{1 3}	mg	0.00	2	--	0.00
Tocopherol, delta ^{1 3}	mg	0.00	2	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g
Vitamin K (phylloquinone) ¹	µg	0.9	1	--	2.3
Lipids					
Fatty acids, total saturated	g	0.034	--	--	0.086
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.003
16:0	g	0.024	--	--	0.061
18:0	g	0.008	--	--	0.020
Fatty acids, total monounsaturated	g	0.041	--	--	0.104
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.041	--	--	0.104
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.045	--	--	0.114
18:2 undifferentiated	g	0.023	--	--	0.058
18:3 undifferentiated	g	0.022	--	--	0.056
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD

²Cherry Marketing Institute Analysis of physical and chemical properties of cherries, 1988 Okemos MI

³Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

⁴O.S. Abou-Fadel, L.T. Miller Vitamin retention, color and texture in thermally processed green beans and royal ann cherries packed in pouches and cans, 1983 Journal of Food Science 48 3 pp.920-923